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### Critical Issues in Health Education

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# HLT 91 – Critical Issues in Health

Department of Health, Physical Education and Recreation  
Bronx Community College of the City University of New York

## Open Educational Resources Course Reading List

### I. Introduction

- 1.1 [Health and Disease, Influence of Family and Community](#)
- 1.2 [Determinants of Health, Risk Factors, and Prevention](#)
- 1.3 [Disparities](#)
- 1.4 [Health Literacy](#)

### II. Mental Health

- 2.1 [Emotional Health and Mental/Emotional Disorders](#)
- 2.2 [Stigma of Mental Illness](#)
- 2.3 [Suicide](#)
- 2.4 [Mental Illness in Children and Adolescents](#)
- 2.5 [Cultural Diversity and Mental Illness](#)
- 2.6 [General Adaptation Syndrome](#)
- 2.7 [Psychoneuroimmunology and Stress](#)
- 2.8 [Dynamics and Sources of Stress](#)
- 2.9 [Managing Stress](#)

### III. Violence

- 3.1 [5 facts about crime in the U.S.](#) PDF available
- 3.2 [Family and Societal Violence](#)

### IV. Drugs

- 4.1 [Drugs, Abuse and Addiction](#)
- 4.2 [Misuse of Prescription Drugs](#)
- 4.3 [Alcohol](#)
- 4.4 [Tobacco](#)
- 4.5 [Hookah](#) PDF available
- 4.6 [Smoking and Tobacco Control Laws](#) PDF available
- 4.7 [Second Hand Smoke](#) PDF available

### V. Nutrition

- 5.1 [Nutrition and Diet](#)
- 5.2 [Nutrition for Everyone](#)
- 5.3 [Water: Meeting Your Daily Fluid Needs](#)
- 5.4 [Dietary Fat](#)
- 5.5 [Carbohydrates](#)
- 5.6 [Protein](#)
- 5.7 [Vitamins and Minerals](#)
- 5.8 [Body Composition](#)

- 5.9 [Obesity](#)
- 5.10 [Diet and Weight Control](#)
- 5.11 [Eating Disorders](#)
- 5.12 [What's on the Nutrition Facts Label](#) PDF available

## **VI. Chronic Diseases**

- 6.1 [Noncommunicable Diseases and Disorders](#)
- 6.2 [Diabetes Basics](#) PDF available  
Read all links on webpage
- 6.3 [Cardiovascular Diseases and Disorders](#)
- 6.4 [Cancer](#)

## **VII. Infectious Diseases**

- 7.1 [Immunity and Immunizations](#)
- 7.2 [Communicable \(Infectious\) Diseases](#)
- 7.3 [HIV/AIDS](#) PDF available  
View slide show on webpage
- 7.4 [HIV/AIDS - HIV Basics](#) PDF available  
Read all links on webpage

## **VIII. Human Sexuality**

- 8.1 [Female Reproductive System](#)
- 8.2 [Female Genitals](#)
- 8.3 [Vagina](#)
- 8.4 [Uterine Tubes](#)
- 8.5 [Uterus and Cervix](#)
- 8.6 [Ovaries](#)
- 8.7 [Aging and the Female Reproductive System](#)
- 8.8 [Male Reproductive System](#)
- 8.9 [The Penis](#)
- 8.10 [Scrotum and Testes](#)
- 8.11 [Epididymis](#)
- 8.12 [Spermatogenesis](#)
- 8.13 [Sperm](#)
- 8.14 [Semen](#)
- 8.15 [Testosterone](#)
- 8.16 [Erectile Dysfunction of the Male Reproductive System](#)
- 8.17 [Aging for the Male Reproductive System](#)
- 8.18 [Cancer](#)
- 8.19 [Sexual Behavior](#)
- 8.20 [Sexual Bias and Misconceptions](#)
- 8.21 [Reproduction, Pregnancy and Contraception](#)

See next page for PDF documents

## PDF Documents

[5 facts about crime in the U.S. \\_ Pew Research Center.pdf](#)

[Smoking Legislation.html](#)

[Smoking \\_ Hookah.pdf](#)

[second hand smoke.pdf](#)

[Whats On The Nutrition Facts Label.pdf](#)

[Diabetes Basics.html](#)

[HIV AIDS.pdf](#)

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